

# WIChealth.org

## Do Your Nutrition Education Online!

1. Go to [wichealth.org](http://wichealth.org)
2. Create an account and set up your profile, using your local WIC information:
  - State: **Wisconsin**
  - County: **Washington or Ozaukee**
  - Agency: **Washington Ozaukee Public Health Department**
  - Project: **Washington Ozaukee WIC**
  - Your WIC family ID number: \_\_\_\_\_

This information is at the top of your Shopping List. Call us with questions.
3. Create a user name and password.
4. Go to your email and verify your account.
5. Choose a lesson.
6. Complete the lesson by \_\_\_\_\_.
7. Fill out the survey.
8. Congratulations! You have completed your education!
9. The WIC staff receives your certificate once a \_\_\_\_\_ lesson is completed and will call you at the beginning of the month to load benefits.
10. **YOUR BENEFITS DO NOT LOAD AUTOMATICALLY.** If you haven't heard from us, please call.

# Need More Assistance?

Here are a few resources you may find helpful in addition to your WIC benefits.

- **Maternal and Child Health (MCH) Program**  
The MCH Nurses and Social Worker work closely with our WIC staff to assist you in accessing additional community resources such as dental, housing assistance, parenting support and more. Ask to speak with them after your WIC appointment for one on one support.
  - **Moraine Lakes Consortium**  
888-446-1239  
[access.wi.gov](http://access.wi.gov)  
Apply for FoodShare, Medicaid, Wisconsin Works, BadgerCare Plus, Wisconsin Shares
  - **Aurora Behavioral Health**  
Grafton: 262-375-3700  
West Bend: 877-666-7223  
Help for individuals struggling with substance abuse or mental health
  - **Lakeshore Wellness & Recovery**  
Mequon, Port Washington, West Bend: 262-323-6963  
Outpatient mental health and substance use therapy in English and Spanish
  - **QUITLINE**  
1-800-784-8669  
text READY 200-400  
[ctri.wisc.edu/quitline](http://ctri.wisc.edu/quitline)
  - **Wisconsin Addiction Recovery Hotline**  
833-944-4673
- Substance use during pregnancy, breast-feeding, and parenting can be dangerous, with a variety of harmful effects on both adults and children. The effects can be short or long term and may be physical, mental, social, emotional, and financial. You are not alone. Many others know what it is like and can help you quit, give you tips, and support you along the way.



## Washington Ozaukee WIC

Washington  
333 E. Washington St.  
West Bend, WI 53095  
262-335-4466

Ozaukee  
121 W. Main St.  
Port Washington, WI  
53074  
262-284-8172

Call to schedule your  
appointment!

WIC Breastfeeding  
Peer Counselor Cell:  
262-808-7195



This institution is an equal opportunity provider.

## Local WIC approved Vendors

You can use your eWIC card at any approved Vendor in the State of Wisconsin.

*\*Pharmacies ONLY for formula/liquid nutritionals*

Cedarburg  
CVS Pharmacy\*  
Piggly Wiggly  
Walgreens\*

Germantown  
Pick N Save  
Walgreens\*  
Wal-Mart

Grafton  
Meijer Store  
Pick N Save  
Target  
Walgreens\*

Hartford  
Piggly Wiggly  
Walgreens\*  
Wal-Mart

Hubertus  
Piggly Wiggly

Jackson  
Piggly Wiggly  
Walgreens\*

Kewaskum  
Piggly Wiggly

Mequon  
Metro Market  
Piggly Wiggly  
Walgreens\*

Port Washington  
Piggly Wiggly

Saukville  
Piggly Wiggly  
Walgreens\*  
Wal-Mart

Slinger  
Piggly Wiggly

Thiensville  
Walgreens\*

West Bend  
Meijer Store  
Pick N Save-S. Main St.  
Pick N Save-W. Washington  
Piggly Wiggly  
Walgreens\*-S. Main St.  
Walgreens\*-W. Washington  
Wal-Mart



Download  
"Wisconsin MyWIC"  
app on your smartphone

Scan barcodes  
View Shopping list  
Find Stores  
Appointment Reminders



Learn how to shop  
with eWIC!

<https://www.dhs.wisconsin.gov/wic/approved-foods.htm>

Updated 1/2022

## Submitting Documentation:

1. WIC Staff will send you a text or email
2. Click on the intakeq.com link and "Send Code"
3. Enter Access Code received by text or email
4. Open and complete the Intake Q packet
5. Required documentation
  - ID (one for each person)
  - Address
  - Income
  - Pregnancy proof
  - Weight, height or length (if available)
  - Hemoglobin (hgb) and Blood Lead results (if available)
  - Sign all electronic documents including WIC Rights and Responsibilities

### Ways to provide proofs:

- Intake Q (above)
- Text: 262-483-7923
- Fax: 262-365-5015

